

Tier 0 Preventative and Protective

- Healthy habit building based on [Take 5](#) e.g. move, connect, sleep, eat well.
- #QUBWell – Healthy Campus & Flag Days
- [Assessment Support Hub](#)
- [Transitions Skills support](#) for new students
- Self-help Resources through [Inspire Hub](#) and Student Wellbeing [website](#)
- Peer support groups e.g. ASD, PG Wellbeing Wednesday
- Student-led events e.g. Mind Your Mood, International Student Guides, Clubs and Societies
- Psycho-education workshops e.g. Look After Your Mate, Active Bystander, Consent, Dealing with Grief
- Accommodation events
- GP registration

Tier 1 Supportive Guidance and Signposting

- Support from the team In person and/or online to connect with campus, be a healthy learner and avoid isolation
- Drop-in Clinic – One Elmwood and in Faculty (UG/PG)
- Walk and Talk sessions
- Social Prescribing referral for Active Campus, Jump In volunteering, etc
- In School Mental Health Ambassadors
- Support to (re)engage with Schools
- Report and Support referrals
- Other support service referrals e.g. LDS, SU Advice, Accessible Learning, Careers
- Accommodation support
- “Keep In Touch” contacts
- GP appointment support

Tier 2 Assessment, Consultation & Therapeutic Interventions

- 1:1 Wellbeing consultations
- Wellbeing Recovery Action Plan (WRAP) and guided self help
- Low level CBT
- Counselling referral and 24/7 helpline
- Support at Student Progress meetings
- Support to Participate Fully in Study and University life, meetings and review
- Safe and Healthy Relationship guidance
- Referrals to external partners
- Occupational Health assessment & recommendations
- Multi disciplinary Student of Concern support
- Reasonable Adjustments with Accessible Learning Support, including working diagnosis
- Support for short term impairments
- 1:1 Support provider

Tier 3 Risk Management, De- escalation and Crisis Support

Internal

- Risk Management
- De-escalation support
- Safety planning
- Links with Trusted Contacts
- Inspire Support Calls
- QUB Accommodation check-ins

In liaison with

- Student Mental Health Service (BHSCT)
- Inspire Wellbeing
- GP’s & CPN’s
- Mental Health Liaison Teams
- Community Mental Health Teams
- CAMHS

